

Healthy Walking Tips



Choose proper footwear.

Invest in a good pair of walking shoes.
Treat your feet well!

Stretch before and after walking to prevent injury.

Ease into and out of the stretch and hold for a count of ten.

Exercise smart.

Set appropriate and realistic goals. Pace yourself, and increase your exercise program gradually. Drink fluids on hot days to avoid dehydration or heat exhaustion. Bringing water with you can be a great idea.

Wear layered clothing.

Loose-fitting and durable, weather resistant clothes are best.

Carry a few essentials.

A fanny pack with identification and pocket change along with a few first aid essentials work great.

The Nearest Public Health - Seattle & King County Site:

Eastgate Public Health Center
14350 Eastgate Way
Bellevue, WA. 98007
206-296-4920
1-800-244-4512



Safety Tips

Be visible!

At dusk, dawn or night, wear reflectorized clothing for visibility. During the day, wear bright, light clothing.

Be careful.

Always look both ways before crossing the street. When crossing, wait for a safe gap in traffic and make eye contact with the driver of any approaching vehicle.

Make sure drivers see you.

Don't dart out or suddenly enter the street. If you are emerging from behind a parked car or other obstacle, slowly step out and make sure you are visible. If there are no sidewalks, walk facing traffic.

Be alert.

Be aware of all traffic, particularly vehicles making a "right on red."

Walk with a friend.

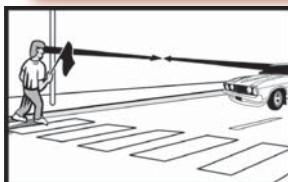
Walking with someone is safer than walking on your own. Encourage a friend or family member to join you.

Protect yourself from the sun.

Wear sunglasses, hat and sunscreen.



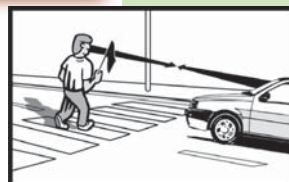
This brochure is available in
alternate formats.



Signal to drivers on your left.



When traffic on your left has stopped, proceed with caution. Look both ways.



As you approach center of road, signal to drivers on right.

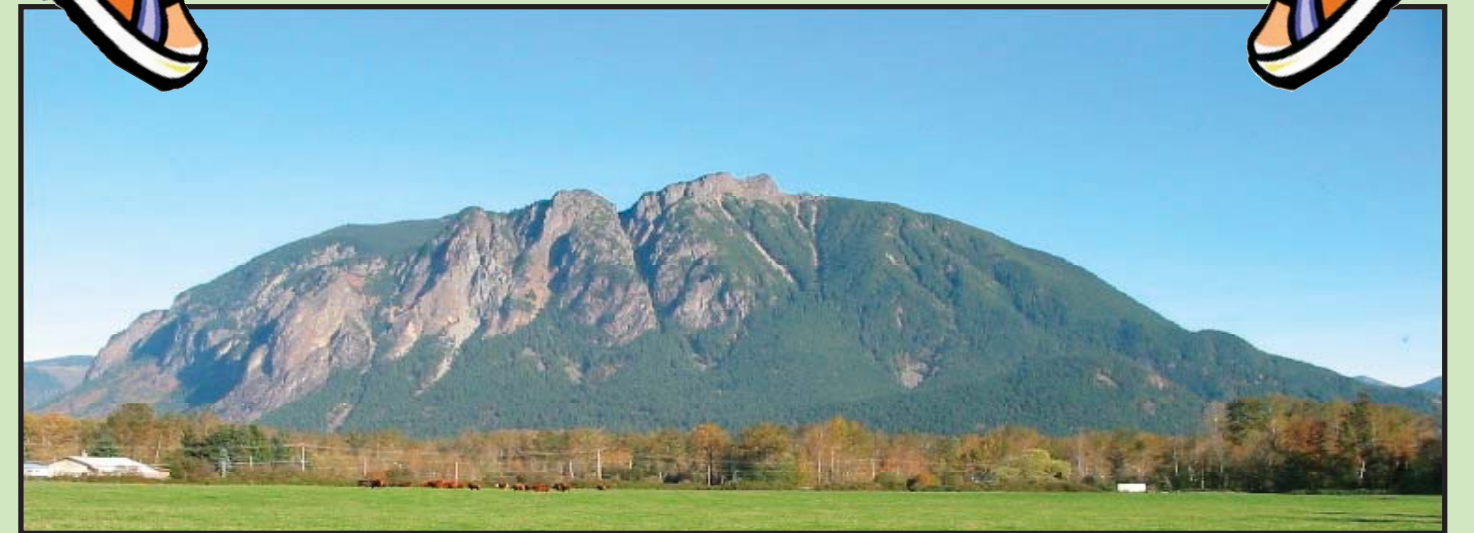


When traffic on right has stopped, complete your crossing.



Return flag to holder.

Easy North Bend Walks



This map of easy walks in the neighborhoods of North Bend is provided to you by the City of North Bend in cooperation with Public Health-Seattle & King County. It is our hope that this map of walking routes will inspire you and give you new ideas of places to walk. It has been proven that physical activity is one of the best ways to prevent disease and walking is one of the easiest ways to get started and stay healthy. While there are many popular trails surrounding North Bend, these smaller loops are where you can unwind and meet friends. Walking is a great way to get to know your neighbors and build community strength. So get your heart pumping, stretch your legs and join us in walking one of the most scenic communities in the region.

We would like to thank the North Bend Parks and Recreation Commission for its assistance on this map. For more information about the City of North Bend's parks please visit our website at www.ci.north-bend.wa.us. For more information on health services or healthy living please visit the Public Health website at www.metrokc.gov/health.



Kenneth G. Hearing
Mayor
City of North Bend

Dorothy Teeter
Interim Director and Health Officer
Public Health - Seattle & King County



THE PINK LOOP or New Si View Trails
Distance: 1 mile plus;**Time:** at your leisure;
Level of difficulty: Easy.

Some of the best paved trails are available in the “new” SiView neighborhood. The beautiful flat surface paved trails feature river access, children’s play areas and a sport court along the way. Parking is available off Orchard Drive, at the end of the cul de sac of SE 5th St. The entrance to the looping trail system is about 200’ from the cul de sac. If needed, restrooms and water are available at the nearby SiView Community Center.

THE RED LOOP or Library Walk
Distance: ¾ mile;**Time:** at your leisure;
Level of difficulty: Easy.

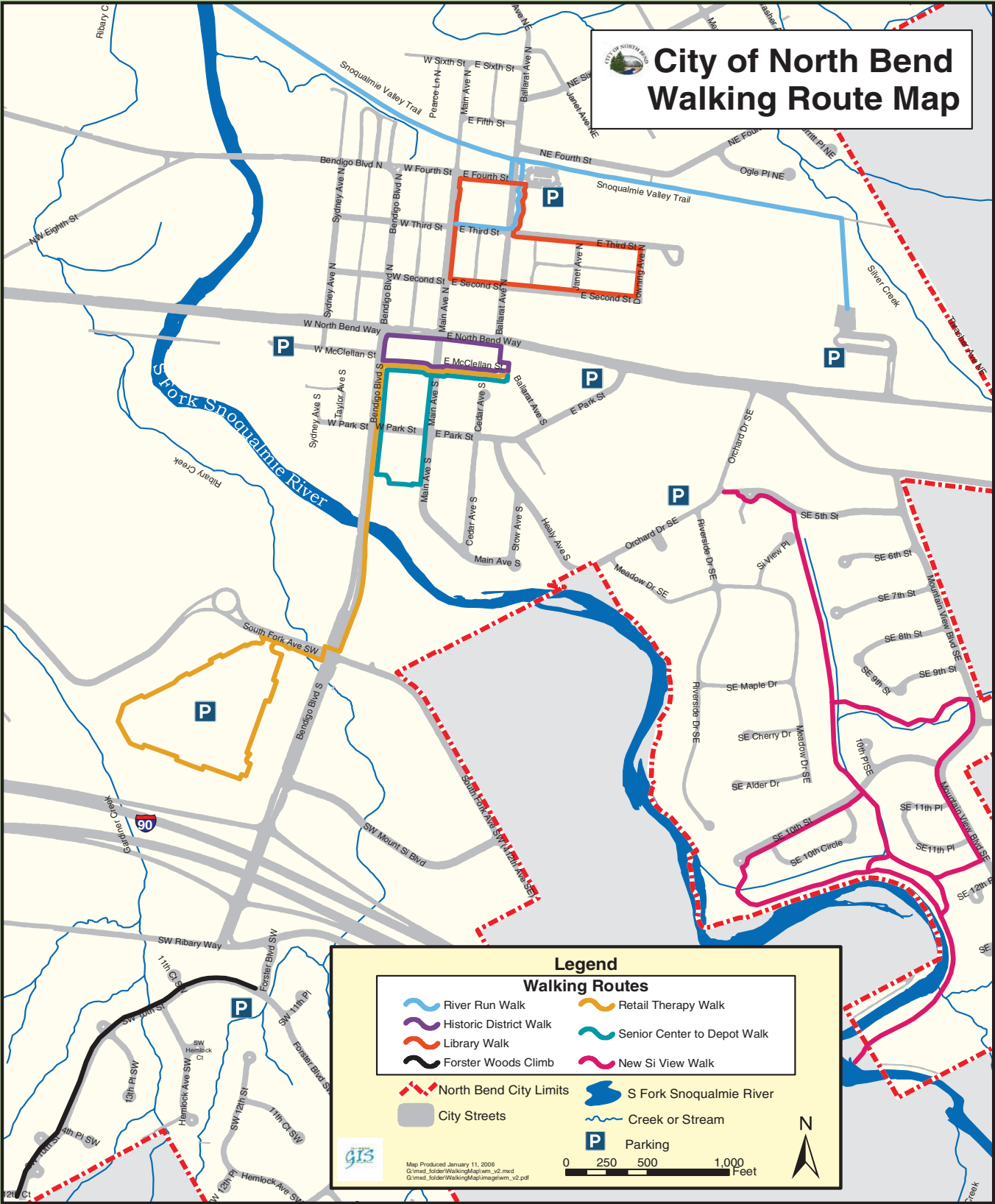
This walk is located in the center of old North Bend. Combine a trip to the library with an easy walk. Begin at the library and head to Ballarat Avenue where benches are available for rest stops and wonderful mountain views. Follow the sidewalks to 3rd St. and continue 2 blocks to Downing Ave. Turn right onto the new sidewalk on Downing Avenue passing by the grocery store where snacks and drinks can be purchased. Return to the library on 2nd Street. If you want an easy flat walk on paved sidewalks, this one’s for you. Parking, restrooms and water are available at the library.

THE GREEN LOOP or Senior Center Walk
Distance: 0.8 mile.**Time:** at your leisure.
Level of difficulty: Easy with some uneven surfaces.

This is a great beginning walk that takes you from the Senior Center in Gardiner Weeks Park past the Snoqualmie Valley Historical Museum and down the Tanner Trail to the Train Depot. From the Depot head back to the Senior Center by exiting the Tanner Trail on Main Avenue. Don’t miss the historical interpretive signs in front of the Snoqualmie Valley Historical Museum and more at the Depot. There are several benches for resting and taking in the view of Mt. Si along the way. Parking, restrooms and water are available at the Senior Center.

THE YELLOW LOOP or Retail Therapy Walk
Distance: 1.5 miles.
Level of difficulty: Moderate with more distance than the Green or Red loop and some slight inclines.

The yellow loop is recommended for train visitors or anyone wanting to combine walking with shopping at the Factory Stores at North Bend. The walk takes you from the Depot (Taylor Park), down the Tanner Trail to Bendigo Blvd, past the Snoqualmie Valley Historical Museum and over the South Fork Snoqualmie River Bridge. Enter the Factory Stores Mall at South Fork Ave. A covered pedestrian walkway encircles the mall. Restrooms, water and a sandwich shop are located in the mall. When retail therapy is complete, retrace your steps back to the North Bend Depot. Public parking is available at the Train Depot and there are several rest benches on the Tanner Trail. Historical interpretive signs are located in front of the museum and the Depot.



THE PURPLE LOOP or Historic District Walk
Distance: 0.5 miles;**Time:** at your leisure;
Level of difficulty: Easy with some uneven surfaces.

The purple loop starts at the North Bend Train Depot and is a pleasant meander through the North Bend Historic District. It’s a starter walk with no steps and there are several benches for resting. The small historic district features restaurants for coffee or a bite to eat, three newly renovated historic buildings, a longtime bakery and several retail stores specializing in recreational equipment. At the Depot, cross the railroad tracks and head left over to North Bend Way. Proceed 2 blocks to Bendigo Boulevard and turn left at Twedes Café. The historical marker in front of Twedes Café recalls pioneering days in North Bend. Heading south on Bendigo Blvd, turn left onto the Tanner Trail (adjacent to railroad tracks) and head back to the depot.

THE BLUE LOOP or River Run
Distance 1 mile.**Time:** 15 minutes;
Level of difficulty: Easy on compacted gravel trail.

This walk is along the Snoqualmie Valley Trail in the center of town and gives you the option of shorter or longer distances with views of the South Fork Snoqualmie River, pastoral farmlands and dramatic mountain vistas. Begin at the trailhead parking lot on Ballarat Avenue and 4th Street. A memorial bench and historic interpretive sign marks the spot. Here you have a choice of heading east or west on the flat trail. Heading west you will soon encounter the trail bridge over the South Fork. Many interesting birds and waterfowl frequent the area. Some are threatened species. Enjoy the view of the river and then head back to the trailhead.

Optional Extra Distance:
Distance 1 mile.

Level of Difficulty: easy with some undulating surfaces on dirt trails within Torguson Park. You can continue from the South Fork trail bridge to the Mount Si Golf Course and return to add approximately 3 miles to the River Run. This extension of the walk is flat and passes through the historic Tollgate and Meadowbrook Farms. In the early 1900’s, Meadowbrook Farm was the largest hop farm in the world. Refreshments and food are usually available at the Golf Course Clubhouse. Heading east from the trailhead parking lot you will pass the elementary school playgrounds and have the option of entering Torguson Park where there are lots of activities to watch: soccer, baseball, the skateboard park and the BMX bike track. Picnic tables, restrooms and parking are available at Torguson Park. Circle through the park and head back to the trailhead on 4th St.

THE BLACK LOOP or Forster Wood Climb
Distance: 0.8 miles roundtrip; **Time:** at your own pace;
Level of difficulty: moderately strenuous.

This is a good route to build endurance and muscle and is not recommended for the beginning walker. When you reach the Water Tower area at the top of the hill you will be rewarded by a sweeping territorial view of the valley and Mount Si. The scenery is as breathtaking as the climb. The sidewalks are in good shape but the incline is steady. Enter the Forster Wood neighborhood off Ribary Way. Parking is available on SW 10th St. Start the steady climb up SW 10th to the city water tower.